



## **Visioning Seminar**

### NOTES

#### **MOTIVATION VS INSPIRATION**

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##### **Why New Year's resolutions often don't last**

Motivation we usually experience as a kind of pushing. We push ourselves toward what we want. Maintaining that motivation gets harder over time. We find ourselves pushing against what we don't want and eventually get tired of pushing.

Rather than motivation, we need inspiration that pulls us toward our goals, even when the going gets tough. In *Life Visioning*, by Michael Bernard Beckwith (published by Sounds True, Boulder, CO, 2012), he writes that "pain pushes us until a larger vision pulls us." Hitting rock bottom can be the impetus for real change, but you don't need to hit rock bottom first. You can open to an inspiring vision that pulls you right now.

#### **PURPOSE OF VISIONING**

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Main purpose of visioning is to gain clarity about what's really important to you and what the universe has in mind for you. The effect of visioning is that it shifts your energy and your approach to everything you do. Without a vision, your worries become your experience.

When you can approach tasks from a place of clarity and connectedness to purpose, your thoughts, emotions, behaviors and results change. It's a little like driving a car. The car goes where you're looking. If you're not looking at a vision, you'll end up going toward whatever you're looking at.

#### **VISIONING VS SETTING INTENTIONS**

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Visioning is the macro view of yourself. Deals with questions like who am I and what am I here for?

Intentions are the micro view. It's a setting forth a desire for a particular outcome or experience. Intentions determine our energy and how we show up in the world. It deals with questions like what is the step I'm ready to take now and how do I want things to go?

First do the visioning, then set intentions for living into that vision.

There's also a middle ground between visioning and setting intentions. It's similar to visioning but gets into more specifics about various aspect of your life. Guided meditations for this type of creating a vision and for setting intentions is available at <https://paulboehnke.com/visualizations/>

Visions are often much bigger, more sweeping than people expect. When visioning, you need to put your beliefs about your limits to the side and allow whatever wants to arise, arise. No judgments, no arguing for why it's too much or that you don't really deserve the full vision. Rational decisions can be made later. We need both rational thought and our intuition. Leave out either one and you'll likely be in trouble. But now is the time for intuition to speak. Allow it space to do that.

## **WANTING HELP?**

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Even after creating a compelling vision, people sometimes get stuck with the messages of self doubt and self judgment. It can really hold them back from stepping into the vision. If you're interested in exploring how working with a coach could be helpful in getting past those messages of self doubt, contact me for a complimentary breakthrough session. No cost. No obligation.

If you're interested in this session, please go to <https://paulboehnke.com/application/> to fill out a very brief form about what you'd like to accomplish and why this would help you.